



KOIA All-Suite Wellbeing Resort

KOS ISLAND, GREECE

KOIA RESORT BLENDS ANCIENT GREEK WELLNESS WITH MODERN LUXURY, OFFERING MINDFUL LIVING, VIBRANT CUISINE AND STUNNING AEGEAN VIEWS

Set on a natural incline overlooking a secluded beach, KOIA All-Suite Wellbeing Resort offers an exclusive, adults-only sanctuary inspired by the Ancient Greek principles of wellness championed by Hippocrates. Located just four miles from Kos Town, this five-star retreat captures sweeping views over the Ceramic Gulf, which is particularly mesmerising during the glowing Aegean sunrises.

KOIA features 50 carefully designed suites and one private villa, many with private pools, sea-facing views and outdoor showers, all thoughtfully integrated into the natural landscape.

Honouring the legacy of Hippocrates

KOIA draws inspiration from the ancient Greek wellness philosophy of living well in harmony with nature — a concept closely tied to Hippocrates, the father of medicine, born on the island of Kos. Guided by the belief that nature is the greatest healer, the resort embraces bioclimatic architecture, sustainable technologies and a low-impact design philosophy. At its heart

is an innovative netted greenhouse, lovingly cultivated by the resort's owners to supply seasonal ingredients to Thyme, KOIA's signature restaurant.

A culinary philosophy inspired by nature

Wellness and flavour go hand in hand at KOIA resort. At Thyme Restaurant, menus showcase vibrant, seasonal dishes crafted with locally sourced ingredients and herbs grown in the resort's on-site greenhouse. Mornings begin with a nourishing breakfast spread, including the health-focused Hippocrates Corner, while lunch highlights classic mezze plates, from fresh tzatziki and grilled octopus to seasonal vegetable dishes, all perfect for sharing and savouring the flavours of the region. In the evening, guests can enjoy refined Mediterranean comfort dishes, thoughtfully prepared and beautifully presented. For something more intimate, private dining experiences overlooking the sea — complete with a crackling outdoor fireplace — create a memorable setting under the stars.

A sanctuary for rejuvenation

Every corner of KOIA is dedicated to fostering deep relaxation and holistic wellbeing. The Ydor Wellness Area — named after the Ancient Greek word for water — offers a serene haven for holistic renewal. This thoughtfully designed space includes a fully equipped gym, private spa treatment suites and a naturally lit indoor heated pool with sweeping sea views.

For ultimate privacy and deep relaxation, an exclusive spa suite features a sauna, steam room and a Himalayan salt wall known for its revitalising benefits. At KOIA All-Suite Wellbeing Resort, wellness is woven into every detail, creating an environment where physical restoration becomes effortless and lasting.

Curated experiences for mindful living

The resort also offers a range of experiences designed to nurture mindfulness, connection and self-reflection. Upon arrival, guests receive a Wellness Journal to capture their thoughts

and emotions throughout their stay. Visitors can wander the botanical and vegetable gardens, participate in cooking workshops with locally sourced produce and savour herbal infusions at the Elixir Bar.

Signature activities such as Morning Ancient Stretching Sessions, Blind Tea Tastings and bespoke in-suite herbal amenities deepen the Hippocratic approach to wellbeing. As a meaningful farewell, guests take home a basil root planted in a custom pot — a living reminder of their journey and KOIA's enduring bond with nature.

Exploring Kos

Wellness is just one part of the experience. The island of Kos also captivates visitors with its stunning landscapes, ancient history and lively traditions. Kos, part of the Dodecanese archipelago, offers rich cultural, historical and natural beauty. Travellers can explore its bronze-hued beaches where fine sand meets smooth pebbles, bathe in its natural thermal springs and visit landmarks like the Asklepieion, a healing temple dedicated to

Asclepius, and the Plane Tree of Hippocrates, both just a 15-minute drive from KOIA Resort.

The island's extensive cycling paths also offer an active way to discover its diverse landscapes and local life, from the tranquil mountain village of Zia, with its legendary sunsets and traditional tavernas, to the cobbled streets of Kos Town, home to a medieval castle and ancient Agora.

Beyond the natural and historical, visitors can immerse themselves in authentic local experiences such as pottery workshops, traditional Greek music and dance evenings and vibrant weekly markets brimming with fresh produce and handcrafted goods. For food-lovers, sampling local specialities like freshly caught seafood and locally produced honey at seaside tavernas is a must. The island's warm hospitality and slow pace make it an ideal destination to soak up the essence of island life.

KOIA offers a refined environment where wellbeing is not just practised but lived — be it through mindful movement, nutritious cuisine or cultural discovery, travellers leave not only relaxed, but transformed with a renewed connection to self.

DON'T MISS Wake with the morning sun and watch the glorious sunrise by leaving the suite window uncovered



Need to know

KEY FACILITIES

- Ydor Spa
- Thyme Restaurant
- Private pools & outdoor showers in most suites
- Private beach within walking distance

KEY ACTIVITIES

- Sunrise ritual
- Morning Ancient Stretching Sessions
- Blind Tea Tastings
- Netted greenhouse & garden tour

GET IN TOUCH

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